



東華三院馮黃鳳亭中學

為提高全校師生及家長對健康的關注，本校以「建立健康校園」為校本目標之一，並成立了健康促進委員會，全面地推行健康教育。此外，本校更獲東華三院董事局的支持，興建健身室，增添本校建立健康學校的有利條件。

首先，本校制訂了一系列健康政策，然後各科、各小組及家長教師會根據政策所定的目標舉辦各項活動，推行健康教育，例如就健康飲食和運動方面，本校舉辦了「健康早餐日」、「健康餐單比賽」、「跳繩比賽」及「健康講座」等，以提高同學對這兩方面的興

趣。在向社區推廣健康訊息方面，本校積極培訓健康大使、環保大使等，向其他學校和社區人士推廣健康訊息；去年本校更以「健康亭園」作為銀禧校慶的主題，在開放日期間設立「健康廊」，為來賓提供「健康測試」等活動，藉此推廣健康的訊息至社區。

對於能夠獲獎，本校感到十分高興。更欣慰的是，本校師生及家長藉著推行健康學校計劃，整體地提高了對健康的關注。希望在未來的日子，我們能繼續保持健康的生活模式，邁向健康的人生。

★ 健康測試



The Hong Kong Healthy Schools Award Scheme

T. W. G. Hs. Mrs. Fung Wong Fung Ting College



The Hong Kong Healthy Schools Award Scheme

Health is one of people's most important assets. To raise the awareness of our staff, students and parents towards health, our school has set "Creating a Healthy School Campus" as one of our goals. To achieve this, we have established the Health Promotion Committee to implement health education at school. With the generous financial support from the Board of Directors of the Tung Wah Group of Hospitals, we have set up a Physical Fitness Room, which is an excellent place for our staff and students to exercise. It has become one of the biggest assets in turning the school into a healthier place.

Furthermore, our school has established a series of health policies and has carried them out by organizing a great variety of health-related activities through different subjects, functional groups and the Parents and Teachers Association. Examples are the 'Healthy Breakfast Day', 'Healthy Recipe Design Competition', 'Rope Skipping Competition' and health talks to encourage

students to develop healthy eating and regular exercise habits. We have also trained some students to be Health Ambassadors, Environmental Protection Ambassadors, etc. to promote health to other schools and the community. Last year, our school celebrated its 25th anniversary by organizing an Open Day with the theme of 'A healthy FWFT'. It was opened to the public in which there was a Health Gallery comprising health tests, exhibitions and healthy snacks. It was expected that through the Open Day with health-related activities, the message of health could be spread to our community.

We are very grateful that our school has been given the award, which justly recognizes the joint effort of the whole school. We are happy to see the whole school and parents becoming more aware of the importance of health. We hope that everyone can keep on enjoying a healthy lifestyle and remain healthy and fit!



★ 健康早餐日



★ 跳繩比賽

